

Club News

Eastern Suburbs Gymnastics Club



Term 4: Monday 16th October — Sunday 17th December 2017

Welcome back to Term 4. The days are getting longer and hopefully a hot summer is on its way. Please remind your gymnasts to bring a filled water bottle with them as they work hard during their classes and need to stay hydrated.

The gym is a hive of activity this term with our general gymnasts working towards their

Rainbow Test on the 26th of November.

This is an invitation only event for gymnasts that have exhibited competency at their current Rainbow level. The schedule for the day will be confirmed closer to the event and put up on the notice boards around the gym. If your child is invited to the test, but cannot attend, please contact the office as soon as possible. Your child can not go up to the next Rainbow level without passing the test.



Rainbow Test Sunday 26th November

Our shiny new red Gymnova floor is proving a hit with the gymnasts as they love the bounce and feel under their feet. The area around the floor, the beam area and tumbling strip, now sit flush with the Gymnova floor to improve the safety of our gymnasts as well as the overall look of the gym. A huge thanks to all the parent helpers who volunteered to install the floor in September. ESGC would also like to thank **NZCT** for providing our club with a generous grant that went towards this significant expense. ESGC appreciates the work that Sarah Evans and Sheryl Nichols put in behind the scenes in making this happen for our club.



As a club we are acutely aware that you entrust us with the safety of your children and we take that trust very seriously. Gymnastics is an active sport and as such we expect an occasional sport related injury. However, we recognise the need to ensure we have robust systems in place to keep our kids as safe as practically possible. Tom Reeves from **Impac** (www.impac.co.nz) very generously gave up a considerable amount of his time, for free, to review our H&S documentation and processes. ESGC were very lucky to have someone with Tom's unquestionable knowledge and experience do this. On behalf of ESGC, we would like to thank Tom for his assistance .



From the Committee

Dear Members,

It has been a very busy 3 months for the club with the preparation for the upcoming Rainbow test, our senior gymnasts competing at the New Zealand Artistic Gymnastics Championship in Nelson , as well as the new committee getting across all the running elements of the club.

The most noticeable milestone over the last three months was the installation of the new floor. Thanks to all the parents who came in to help with the installation – who knew how complicated putting down a gym floor could be but the home baking definitely helped.

I would like to extend my thanks to the committee who all have allocated a substantial amount of time to improve the environment and experience that all our kids enjoy. I would also like to acknowledge both Bratislav, and Esther whom have worked hard and supported the implementation of many of the improvements.

In behind the scenes there has been a long list of both important and urgent priorities that the committee felt needed to be closed out or progressed. The more noticeable operational focused areas were:

- Ensuring members have the best possible service
- Secured key new staff with Stephen leading the Comp B coaching
- Reviews with Comp B parents to get feedback on what they want improved
- Establishment of clear processes for complaints and child feedback
- Implementation of the staff learning and development plan and a changing in the policy to incentivise staff to up-skill
- Staff police checks now in place
- All coaches attended a First Aid Course in October

On top of this the committee has ensured that:

- The roof leaks have now been fixed
- New wiring for heating attached for wall mount heaters which will certainly take the edge off in winter
- Removal of loose electrical wiring with proper protection so kids don't get caught on cables as they walk past

In addition to the operational improvements there has been a number of governance changes that have been implemented to ensure stronger internal controls and better compliance with relevant regulations:

- Transition the staff on to employment contracts with accrual based annual leave (this is across nearly 20 staff members)
- Ensuring both the building and club are compliant to the relevant regulatory requirements (Fire and Health and Safety). Yes we will be having regular fire drill just like our kids have at school so all the athletes and staff are clear on what they need to do should they ever need to evacuate in a real emergency.
- We have completed a Health and Safety audit and have implemented the recommendations.
- All financial processes are being reviewed with a goal to simplify the systems including moving payroll to the accounting platform. In addition double signatory authorisation on expenditure has been implemented
- The funds in term deposit have been reviewed with a number of deposits having signatories being nearly 2 committees out of date brought up to date and are now current.
- Agreement of a clear charter on how any surpluses should be allocated namely, coaching development, facility maintenance, equipment up-grades, new facility savings. This is to ensure the club has a sustainable, healthy, safe environment for both current and future members.

From the Committee

As far as the new facility development is concerned we have progressed this to a stage that the Auckland Council has to finalise the lease to Eastern Suburbs Gymnastics Club. As part of this process we have had some potential concept plans completed by Mlela which we hope to share with everyone very soon.

By way of background the approved Colin Maiden Master Plan defined an area of land that the club has been allocated to build a new building. To orientate you all I have attached below the potential location of the new facility from the Approved Colin Maiden Master plan and a shot of the land.



With this exciting project ahead of us, the committee is looking for someone to work with us to secure grants for the future building and equipment. This person does not have to join the committee, but could work closely with key personnel to develop grant applications that ensure the ESGC grant is heard above the noise of other organisation also aiming to secure money from Charitable Trusts. A strong background in marketing and writing is an advantage. Please contact Lily (lilyesgc@gmail.com) for information.

The committee would like to thank Paula Garnett for all her effort and attention to detail of the ESGC accounts. Paula joined the ESGC office when we were introducing a new database and procedures but she managed all the changes and teething challenges with a calm and happy attitude. Paula leaves the role at the end of November and we wish her all the best for the future.

Finally, I would like to extend my congratulations to all the Athletes who have represented Auckland competing at Nationals gaining some fabulous results, furthermore well done to all the Comp B and our Rainbow athletes who have progressed to higher levels and learnt new skills.

I am proud to lead the club seeing the athletes all challenge themselves as they learn new and exciting skills. The committee will continue to strive to improve the environment, and experiences that the athletes enjoy with the next 15 months looking like it will be a very exciting time at Eastern Suburbs Gymnastics Club.

ESGC would like to wish your family a safe and festive holiday period. We look forward to seeing you again in 2018 .

Stefan Lecchi
ESGC President

From the Coaches

Competitive A Update.

During the first week of the Term 3 holidays, 6 of our Competitive A Gymnasts competed at the 2017 New Zealand Artistic Gymnastics Championship in Nelson. Gymnasts from Step 5+ work hard all season to qualify for this New Zealand wide competition and it is with immense pride that we congratulate all the ESGC girls and their parents who attended.

Step 5

Anya Stephan 2nd overall / 1st Uneven Bars
Auckland team: Silver
Sophia Kelliher — 5th overall / 4th Floor
Indie Nicols — 14th overall / 1st Vault
Valerie Lau — 11th overall / 5th Vault



Step 7

Maise Braem 19th overall/2nd Uneven Bars
Ella Wong — 16th overall / 7th Floor

A huge thanks to our amazing senior coaching team of **Bratislav** and **Esther** for training our girls to such a high standard and supporting them through the championship.



Competitive B Update

Our Competitive B gymnasts competed at 4 events over their competitive season. Their final event was at the North Harbour Club Champs on the 24th of September. Throughout the season the girls competed really well and we are so proud of the outstanding results they achieved. Well done to all the girls for all your effort and hard work and the parents and coaches too! We are looking forward to another great season in 2018.



Getting to Know Stephen — Comp B and General Gym Coach

How long have you been coaching for?

I have been coaching for 10 years across various clubs in Auckland, and in almost every code of Gymnastics NZ.

What are your coaching qualifications?

I have the following coaching qualifications: Coaching Today, Understanding Movement, NZ Coach Approach, Elementary WAG Coach, Elementary MAG Judge .

What is the most rewarding aspect of coaching gymnastics for you?

Helping gymnasts and children achieve goals, new skills and over coming any obstacles or fears that they may have.

What do you like to do when you are not coaching at ESGC?

I love to socialize with friends and family and take my motorcycle out on long trips.

What is your favourite saying?

If you hear me coaching on the floor you would hear the words "cool bananas" quite often!



From the Office

2018 ESGC Calendar of Events

Date	Event	Groups
Mon, 5 Feb	Term 1 starts	
Sun 8 Apr	MTT	General Gym
Sun 15 Apr	Term 1 ends	
Mon 30 Apr	Term 2 starts	
Sun TBC	Rainbow test (TBC 24 June or 1 July)	General Gym
Sun 8 July	Term 2 ends	
Mon 23 July	Term 3 starts	
Sun 30 Sep	Term 3 ends	
TBC (3 Oct)	NATIONALS	Comp A S5 - S10
Mon 15 Oct	Term 4 starts	
Sat 17 Nov	ESGC Prize Giving	Comp A
Sun 25 Nov	Rainbow test	General Gym & Comp B
Sun 16 Dec	Term 4 ends	

ESGC Office Hours

Monday	12:00pm—4:30pm
Tuesday	12:00pm—4:30pm
Wednesday	12:00pm—4:30pm
Thursday	12:00pm—4:30pm
Friday	12:00pm—4:30pm
Saturday	Alternating weeks 9:30am—11:30am



We would like to wish you and your family a very happy and safe holiday period. Thank you for choosing to send your children to enjoy gymnastics at ESGC.

The office will be closed from the 23rd of December until the 15th of January.

We look forward to seeing you again in 2018.

Term 1 2018 Re-enrolment/Enrolment Dates:

Re-enrolment for Term 1 2018 will open on Monday 27th of November

New enrolments for Term 1 2018 will open on Monday 4th December.

Please note that online enrolments and the ESGC office will be **closed** between the 23rd of December and the 14th of January. The website and office will resume processing enrolments and re-enrolments once the office reopens on **Monday the 15th of January 2018**.



From the Office



Gymnasium and Upstairs Dance or Meeting Room

Our upstairs room has mirrors and dance bars and there are trestle tables and chairs also on hand. The room is available for hire on a casual or regular basis at very reasonable rates. For more information contact the office in person or via email or phone.

ESGC Merchandise

We have a lovely range of new colourful leotards (short sleeved and long sleeved) plus tights and shorts for sale in the office.



Instagram



Find us on:
facebook®

Search: Eastern Suburbs Gymnastics Club for regular club updates, news and inspiration.

Playgym for Pre-school Children

For pre-schoolers aged 2-5 years we offer a fun-filled **Playgym** programme. **Playgym** is an early childhood gymnastics programme which is attended by both the child and a parent.

Our **Playgym** children develop control and coordination of their body as they learn the fundamentals of gymnastics which in turn helps them to cope in the outside world. Its great fun and the kids LOVE it!



For all **Playgym** inquiries please contact Natalija
Ph: 021 0277 6543 email: guma@slingshot.co.nz

- **No gymnasts is to leave the building** unless under the direct supervision of an adult or care giver. All gymnasts must wait inside the building to be picked up after class.
- **Please supervise your children in the car park** at all times
- **No parking on the driveway** at any time.
- **No gymnasts are to use the equipment** unless under the direct supervision of a coach
- **Please bring a drink bottle** with you to the gym. Bottles can be refilled in the bathrooms upstairs.
- **Please** let us know if your **contact details have changed** so we can update our database.



THANK YOU

ESGC are extremely grateful to all the fantastic parents family and friends who willingly contribute to the successful running of our club.

As a non profit organisation we are always seeking support from members or friends of the club who may be able to help. If you notice anything around the club you could help out with we would love to hear from you.

If you have suggestions for the newsletter or you have gymnastic photos you would like to share please email the club.

Your ongoing support is appreciated.



Looking for somewhere fun to have your child's next birthday party?

We can provide you with an entertaining gymnastics party led by one of our fun loving coaches.

Adventurous activities in a fun packed guided session.

Enquire at the office in person or via email or phone.

Thank you for supporting Eastern Suburbs Gymnastics Club. We know you will enjoy your time with us, and your gymnast will learn lessons that will last them a life time.